



take out eat well

Guide + Checklist

Suffolk's healthier take out food award

www.healthysuffolk.org.uk/toew

A quarter of adults eat out of the home at least once a week

Takeaways can make a big difference to people's health through the dishes on their menus, the type of ingredients they buy, how they are prepared and what they tell their customers. Research has also shown many customers are interested in healthier takeaway options.

TAKE OUT EAT WELL is an award for food businesses selling takeaway food in Suffolk. It aims to recognise those businesses that provide healthier options as part of their takeaway menu, and also lets customers know about this with the recognition of an award.

To take part in the award email: healthandwellbeing@suffolk.gov.uk or speak to the Environmental Health Team at your local district or borough council.



REFERENCES

Public Health England (2017) Strategies for Encouraging Healthier 'Out of Home' Food Provision <https://www.gov.uk/government/publications/encouraging-healthier-out-of-home-food-provision>

WHAT'S IT ABOUT?

TAKE OUT EAT WELL is FREE to take part in. It aims to support you and your business to make small healthier option changes that have little or no cost whilst keeping your customers' happy and also helping them to make healthier choices.

The award is run by Suffolk County Council Public Health and Environmental Health Officers in Suffolk's District and Borough Councils and supported by Suffolk County Council Trading Standards. It is based on Public Health England guidance for healthier eating.

Businesses are asked to think about and make changes to:

- Portion sizes e.g. offering smaller options for children
- How food is prepared e.g. how food is fried
- Ingredients
 - Fat e.g. the types and amounts of fat used
 - Salt e.g. using less in cooking and the amount customers add
 - Sugar e.g. limiting the availability of sugary drinks
 - Increasing the content of fruit, vegetables and fibre in the food
- The menu and promotion of healthier options
- Staff's knowledge and understanding of healthier food and drink options

WHY SHOULD I GET INVOLVED?

Besides making a difference to customer's health, some of the positive things other takeaway owners have told us about include:

- Encouraging new customers (as well as keeping old ones)
- Saving money by using less or different ingredients
- Opportunity to try out new dishes and different products
- Giving customers more choice (which they tell owners they like)
- A new opportunity to advertise themselves locally

WHAT HAPPENS IF I WANT TO TAKE PART IN THE AWARD?

Whether you are a chip shop, Chinese, Indian, Italian or other type of takeaway, if you run a fast food business the award is open to you.

The first step is to speak to your local Environmental Health Team or Suffolk County Council Public Health Team. They will check your business is compliant with food and trading law, explain how the award works and ask you to fill in a checklist (in this guide).

Once you have filled in the assessment form and returned it, someone from the local Environmental Health Team will contact you to arrange a time to go through it.

They will work with you to suggest any changes you could consider making to how your food and drink is prepared and promoted.

Once you've had time to make any changes, the Environmental Health Team will arrange a convenient time to come and assess your business for the Award.

If you meet the minimum **TAKE OUT EAT WELL** score the Award is made.

You can then celebrate your success and display your sticker.

Customers will see your business featured on the **TAKE OUT EAT WELL** website.

The award lasts for two years unless the business changes hands, closes or is no longer compliant with food and trading law.

WHAT DO I HAVE TO DO TO GET AN AWARD?

To take part in **TAKE OUT EAT WELL** your business must be:

- A business serving takeaway (fast) food operating in Suffolk.
- Compliant with food and trading standards law (food standards - FSA 3 or above).
- Willing to make changes to support healthier food and drink options.
- Score a minimum of 11/17 overall against the assessment standards.
- There are four food groups and one promotional group, each has a set of standards worth one mark.
- You need to achieve at least one primary standard in each of the food and promotional groups.

ASSESSMENT STANDARDS AND CHECKLIST

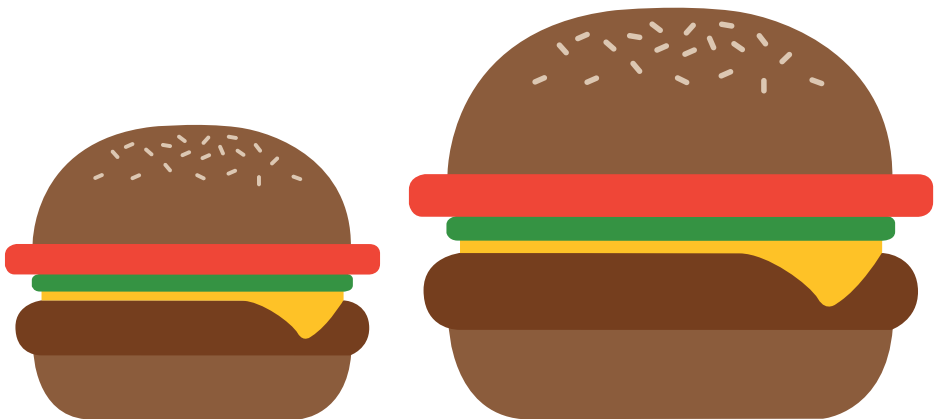
Start by self-assessing your businesses performance. Tick the standards in the checklist that apply then add these up to give your overall score out of 17.

Food group	Standard	Primary / Secondary	Example	Met
Fat	Preparation: use healthier unsaturated vegetable oil/spreads e.g. polyunsaturated or monounsaturated when frying and preparing food in place of solid fats high in saturates e.g. ghee/ lard/dripping in 75% of dishes.	P	Blended vegetable oils, olive oils, sesame oil, corn oil, safflower oil, soya oil, sunflower or rapeseed oils. Try to use all oils as sparingly as possible, as they are high in calories.	
	Preparation: To absorb less fat fry at the correct temperature, change oil regularly and defrost food thoroughly.	P		
	Preparation and Serving: Add lower fat dairy products to the range of dairy items used in preparation and serving of food and drink items.	P	Aim to use skimmed, semi-skimmed and 1% milks for drinks and cooking purposes. Lower fat yoghurts, fromage frais, low fat soft cheeses and low fat creams can be incorporated into dishes. Unsweetened dairy free alternatives e.g. soya milk, almond milk can be offered and may be suitable as alternatives for vegans, lactose intolerance and cows' milk protein sufferers.	

Food group	Standard	Primary / Secondary	Example	Met
Fat	Promotion: Offer dressings/ sauces separately to allow the customer a healthier choice. Include a low or fat free option (low fat = 1.5g of fat per 100ml / fat free = 0.5g of fat or less per 100ml).	S	Low or fat free mayonnaise/ low fat or fat free salad dressings/ low fat or fat free yoghurt.	
	Preparation: Where cheese is used is there the option for a lower fat variety (less than 17.5g of fat/100g).	S	Mozzarella is a lower fat cheese. Use less of a stronger flavoured cheese in dishes. The fat content of vegetarian cheeses are similar to that of other cheeses.	
	Preparation: If chips/ wedges are served, cook once use unsaturated oils to fry and prepare plain, medium or thick cut chips to reduce fat absorption.	S	Depending on the type of potato, chips should be cooked in 5-6 mins.	
	Promotion: Drain oil from foods before serving. Bang, shake and drain deep fried foods	S		
Sugar (drinks)	Promotion: Offer healthier reduced sugar drinks as a default or as part of meal deals.	S	Ensure fruit juice is unsweetened and sold in 150ml serving or less. Offer low fat milks, low calorie or no added sugar drinks as alternatives to full sugar varieties.	
	Promotion: stock at least one low sugar or sugar free soft drink excluding water.	P	Low sugar drinks contain 5g of total sugars or less per 100g.	

Food group	Standard	Primary / Secondary	Example	Met
Salt	Preparation: Put in place at least one measure to reduce the amount of salt/Monosodium Glutamate (MSG) in the preparation and cooking of food (low salt = 0.3g salt /100g and low sodium = 0.1g sodium or less per 100g). To calculate the salt content from the sodium value use the following calculation Salt = sodium value x 2.5.	P	Avoid the use of salt substitutes. Use reduced salt stock, soy sauce and less salty meats. Use salt sparingly when preparing, cooking and seasoning dishes. Rinse any vegetables canned in brine before use. Customers are less likely to notice small changes over time.	
	Promotion: Put at least one measure in place to reduce the amount of salt added by the customer to their food.	S	Staff only add salt if requested by customer. Move from 15 to 5 hole salt shakers.	
Proteins	Preparation: Put at least one measure in place to minimise excessive fat in meat.	P	Trim meat. Use lower fat meats. Use less meat and include pulses. Remove visible fat from meat before cooking and serving. Remove skin from poultry before cooking and serving.	
	Preparation: Ensure all processed meat and fish products are 100% real beef/chicken/fish etc (not mechanically recovered) and have a minimum content of 40% of the total finished product.	S		

Food group	Standard	Primary / Secondary	Example	Met
Promotion	Ensure smaller portions are advertised for children and people with smaller appetites.	P		
	Ensure healthier options are readily identifiable and do not cost more than other items.	S		
	Ensure staff understand what a healthier option is during food preparation and to advise customers.	S	Consider introducing training for staff around healthier eating.	
	If a children's menu is available, offer at least one healthier option and one vegetarian option.	S		
Overall score				/ 17



GENERAL TIPS: for all types of food outlets

Portion Size

Eating too many calories can lead to excess weight. This increases the risk of diabetes, heart disease and some cancers. Even small reductions in portion size can make a real difference.

- Make smaller portions or children's portions available to everyone across the menu
- Ask staff to be consistent with portions

Fats and Frying

High fat foods contain lots of calories, which raise weight gain. Having too much saturated fat can increase levels of cholesterol in the blood, which can increase the chance of developing heart disease.

- Use healthier (unsaturated) oils e.g. sunflower or rapeseed
- Use lower fat cream, semi-skimmed milk, or reduced fat yoghurt and dressings into dishes
- Remove visible fat or use lean cuts of meat
- Where possible, grill and bake rather than fry

Sugar

Eating foods and drinks high in sugar can contribute to excess calories and lead to weight gain, increasing the risk of heart disease, type 2 diabetes, stroke and some cancers. It's also linked to tooth decay.

- Offer healthier drinks as the norm e.g. water, lower fat milks, low calorie or no added sugar drinks, or pure fruit juices (in a 150ml serving size) rather than sugary drinks
- Use less sugar in food preparation wherever you can

Salt

Too much salt can lead to high blood pressure and an increased risk of stroke and heart disease.

- Add less salt when preparing dishes, gradual changes will be less noticeable – use extra herbs and spices
- Don't add extra salt when cooking e.g. when boiling rice or pasta
- Aim to use food products which contain less salt wherever possible
- Remove salt shakers from tables or move to a shaker with fewer holes

Fruit, Vegetables and Fibre

These are low in calories and a good source of vitamins, minerals and dietary fibre, adding to dietary health.

- Think where you could add more vegetables or pulses to dishes
- Consider using whole grain and higher fibre products e.g. breads, pasta, rice


Healthier Ingredients and Suppliers

- Check the nutrition information about the foods and drinks you buy in and choose options with higher fibre and less salt, sugar and fats where practical

Promoting Healthier Options

You can run promotions that encourage customers to pick a healthier meal or snack from your menu.

- Promote healthier options as good value ahead of those high in sugar, salt and fat
- Include healthier drinks and salad or vegetables and a piece of fruit with meal deals, this could also give you the competitive edge
- Make sure all your staff know about healthier eating and options, so they can promote these



Each month, try to come up with one healthier option, which you can promote helping your customers be healthier.

TIPS for CHIP OUTLETS: or for outlets that sell a lot of fried food

Fats and Frying

Reducing saturated fat intake can lower blood cholesterol and reduce the risk of heart disease. It can also help you use less oil and make your chips tastier.

- Use plain, uncoated, medium or thick, straight-cut chips.
- Fry at 160-165°C (high efficiency fryer) or 180°C (traditional fryer)
- Check the temperature
- Avoid water in the oil
- Cook for 5-6 minutes
- Bang, shake and drain chips
- Use a liquid oil
- Change oil regularly

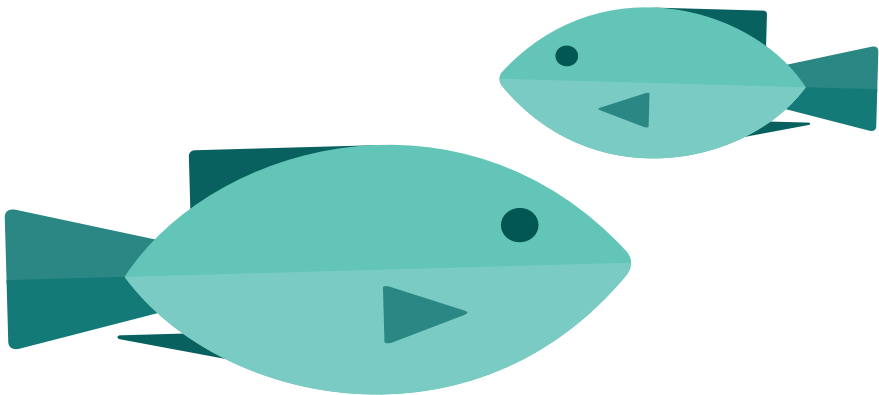
Salt

Lots of people are trying to cut down on the amount of salt they eat.

- Only add salt when serving if customers request it
- Use a salt shaker with fewer holes – maximum number of holes should be five
- Do not add salt to batter mix. If you buy batter mix, check the ingredients and try to choose one that doesn't contain salt

Portion Size

Add smaller options to the menu or use slightly smaller containers to serve meals.



TIPS for CHINESE TAKEAWAY OUTLETS

Portion Size

Try not to overfill containers, use slightly smaller containers.

Fats and Frying

- Offer steamed, boiled or grilled dishes amongst starters and mains e.g. dumplings
- Avoid frying foods more than once

Salt

Gradual reductions are less noticeable to customers.

- Reduce the amount of salt and salty ingredients e.g. soy sauce, MSG, hoisin sauce, oyster sauce
- Reduce the amount of salt used in cooking rice

Sugar

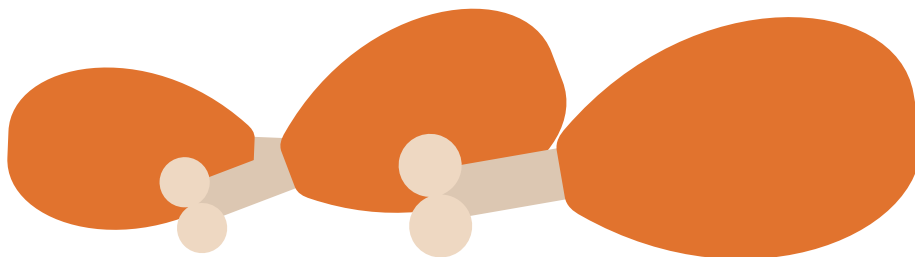
- If fruit is served as a dessert offer a syrup free option
- Offer pastries and desserts that are lower in sugar and fat

Fruit, Vegetables and Fibre

Try adding steamed vegetables to boiled rice.

Promoting Healthier Options

- Make it easier for customers to spot healthier options e.g. by having a steamed section on the menu
- Try swapping 1 or 2 items on the menu for healthier ones e.g. vegetable soup



TIPS for INDIAN and SOUTH ASIAN TAKEAWAY OUTLETS

Portion Size

Try not to overfill containers, use slightly smaller containers.

Fats and Frying

- Cook in the tandoor rather than the deep fat fryer
- Make your own base curry sauces using less oil and drain off excessive fat
- Use small amounts of ghee or butter to finish
- Use low fat yoghurt
- Bang shake and drain if foods are fried (fat is reduced by 20%)

Salt

Reduce the amount of salt used when:

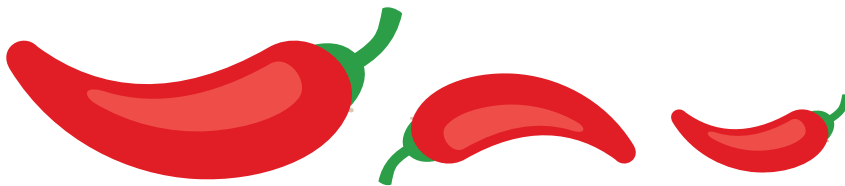
- Frying the spice blend for base curry dishes
- Making dough e.g. for naan breads
- Cooking rice

Fruit, Vegetables and Fibre

- Consider widening the range of dishes using pulses e.g. lentils
- Add more vegetable side dishes to the menu
- Serve starters with more salad
- Offer wholemeal breads e.g. chapatis
- Offer fruit e.g. mango, this could be canned in fruit juice
- Add vegetables to meat skewers

Promoting Healthier Options

Promote tomato rather than creamy dishes, don't serve poppadoms free of charge as these add a lot of calories to a meal.



TIPS for ITALIAN and PIZZA OUTLETS

Portion Size

- Consider thinner bases and gradually reduce pizza widths
- Make it clear how many people a pizza serves
- Create more slices

Fats and Frying

- Use less cheese and cheese that is naturally lower in fat e.g. mozzarella
- Be generous with vegetable toppings
- Use cream, olive oil and butter sparingly
- Serve dressings on the side
- Swap chilli oil for chilli flakes
- Avoid stuffed crusts in pizzas

Salt

- Gradually reduce the amount of salt in dishes e.g. risottos
- Use less meats that are high in salt and fat e.g. pepperoni
- Make your own pizza dough and reduce the salt content

Fruit, Vegetables and Fibre

Consider a wholewheat pasta option.

Promoting Healthier Options

- Offer complimentary side salads
- Promote tomato over cream-based dishes
- Offer water, low calorie or no added sugar drinks or fruit juice in 150ml portion sizes as part of a meal deal





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Find out more

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